

PLAYER BEHAVIOURS



SKILLS TRAINING

First Touch:

- Can you use your first touch to play forward?
- Can you use your first touch to beat the defender?
- Can you use your first touch to setup a shot?
- Can you use your first touch to setup a pass?

1V1:

- Can you use speed to beat the defender?
- Can you use a quick change of direction to beat the defender?
- Can you use skill to beat the defender?
- Can you beat your defender to get a shot off?

Running With the Ball:

- Can you run with the ball to get through lines?
- Can you run with the ball to get into position to cross?
- Can you run with the ball to quickly start an attack?
- Can you run with the ball to draw a defender?

Striking the Ball:

- Can you make a pass through lines (killer pass)?
- Can you pass to someone that can play forward?
- Can you hide the intentions of your pass/shot?
- Can you strike the ball to beat the goalkeeper?

Basic Player Behaviours: (these are applicable for all 4 core skills)

- Can you check what is around you before you receive the ball?
- Can you position yourself to receive the ball and play forward?
- Can you position yourself to make the pitch as big as possible?